

Stress Inventory

Learning to identify your stress events and implement solutions is the key to successful stress management. Use this chart to record stressful events and think about possible solutions.

<i>Stress Event:</i> <i>What is the cause of your stress?</i>	<i>List Feelings:</i> <i>What emotions or feelings did you experience?</i>	Option 1	Option 2	Option 3
Example: Fell behind for work because I had to leave early pick up my son Billy three times this week. One of my reports was turned in late.	Rushed Inadequate Disorganized Flustered Let my team down			

Stress Inventory

“Stress is not what happens to us. It's our response TO what happens. And RESPONSE is something we can choose.” ~Maureen Killoran

Here are some idea starters. What can you realistically commit to changing now?

	I will take my regularly scheduled breaks and lunches.		I will to find ways to laugh more.
	I will take a day off of work...just for me.		I will to schedule more leisure time for myself.
	I will incorporate more stress reducing foods into my diet.		I will to develop and maintain relationships.
	I will call a friend or family member just to chat.		I can manage my time more effectively.
	I will think more positive thoughts.		I am going to focus on a hobby.
	I am going to visit the EAP website.		I will get at least 8 hours of sleep tonight.
	I will schedule an appointment with my medical practitioner.		(Other)
	I will eliminate some audiovisual clutter (turn off TV, computer, iPod...)		(Other)
	I will take a brisk walk during the day.		(Other)
	I will start journaling to identify my stressors.		(Other)